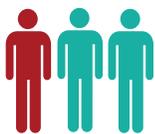


Million Hearts®

Begins with You

WORKING TOGETHER TO PREVENT
ONE MILLION
HEART ATTACKS AND STROKES

1 of every **3**
deaths is caused by
heart disease and stroke



Health care costs
for heart attack
and stroke:
\$312.6
BILLION



Leading cause of
PREVENTABLE
DEATH
in people 40–65
years of age



2 MILLION+
heart attacks and
strokes each year

To prevent 1 million heart attacks and strokes, health care professionals and public health workers should do what we know works:

FOCUS ON THE ABCS

- A**spirin when appropriate
- B**lood pressure control
- C**holesterol management
- S**moking cessation

USE HEALTH IT

Use **electronic** health records and other health IT to identify patients who need support to improve their ABCS and then track their progress over time.

USE TEAM-BASED CARE

- Use clinical innovations, including:
- ♥ Use everyone who interacts with patients to the top of their skills and license
 - ♥ Self-measured blood pressure monitoring with clinical support
 - ♥ Reward and recognize excellence in the ABCS

By doing what we know works, health care professionals, health care systems, and public health organizations can help prevent 1,000,000 heart attacks and strokes and **meet these goals by 2017:**

47% to **70%**
increase in aspirin
use for secondary
prevention

46% to **70%**
increase in blood
pressure control

33% to **70%**
increase in
cholesterol
management

23% to **70%**
increase in help
for those who want
to quit smoking

20%
reduction
in sodium
consumption

50%
reduction
in trans fat
consumption

* For more information on effectiveness of team-based care, visit:
www.thecommunityguide.org/cvd/teambasedcare.html

www.cdc.gov/media/dpk/2013/dpk_13_in_2013.html
www.millionhearts.hhs.gov



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention